

DUBLIN COMMUNITY RECREATION CENTER

Water Fitness

Fall 2012

(Sept. 4 – Jan. 5)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 – 8:50am Legs, Abs & Arms Donna Leisure Pool	8 – 8:50am Deep Water Fitness Christiane Competition Pool	8 – 8:50am Legs, Abs & Arms Donna Leisure Pool	8 – 8:50am Deep Water Fitness Christiane Competition Pool	8 – 8:50am Legs, Abs & Arms Donna Leisure Pool	8:30 – 9:20am Shallow Water Donna Competition Pool
9 – 9:50am Shallow Water Donna Leisure Pool	9 – 9:50am Shallow Water Fitness Christiane Competition Pool	9 – 9:50am Shallow Water Donna Leisure Pool	9 – 9:50am Shallow Water Fitness Christiane Competition Pool	9 – 9:50am Shallow Water Donna Leisure Pool	9:30 – 10:20am Deep Water Fitness Donna Competition Pool
9 – 9:50am Deep Water Fitness Barb Competition Pool		9 – 9:50am Deep Water Fitness Barb Competition Pool		9 – 9:50am Deep Water Fitness Barb Competition Pool	
10 – 10:50am Shallow Water Barb Competition Pool		10 – 10:50am Shallow Water Barb Competition Pool		10 – 10:50am Shallow Water Barb Competition Pool	
11 – 11:50am Arthritis Foundation Program Nicole Leisure Pool	11 – 11:50am Arthritis Foundation Program Jerry Leisure Pool	11 – 11:50am Arthritis Foundation Program Nicole Leisure Pool	11 – 11:50am Arthritis Foundation Program Jerry Leisure Pool	11 – 11:50am Arthritis Foundation Program Nicole Leisure Pool	
5:30 – 6:20pm Water Walking Fitness Aubrey Lazy River	3:40 – 4:30pm Teen Water Fitness Donna Leisure Pool	5:30 – 6:20pm Water Walking Fitness Aubrey Lazy River			
6 – 6:50pm Shallow Water Fitness Virginia Competition Pool	6 – 6:50pm Shallow Water Fitness Shannon Leisure Pool	6 – 6:50pm Shallow Water Fitness Virginia Competition Pool	6 – 6:50pm Shallow Water Fitness Shannon Leisure Pool		
	7 – 7:50pm Deep Water Fitness Shannon Competition Pool		7 – 7:50pm Deep Water Fitness Shannon Competition Pool		



Class descriptions on back of page.



Instructors and their style of teaching may vary.

Class size may be limited due to space available and available equipment.

Water Fitness Class Fees

	DCRC Member	Guest
Trial Pass	\$8.00	\$8.00
10 Class Pass	\$35.00	\$50.00
20 Class Pass	\$50.00	\$65.00
Unlimited Monthly Pass	\$40.00	\$50.00

DCRC Membership is not required to attend classes!

Water Fitness Class Descriptions

Arthritis Foundation Aquatic Exercise Program: The Arthritis Foundation program is designed to safely keep your joints moving and improve your sense of well-being. This program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, help you gain strength and flexibility. All instructors are certified through the Arthritis Foundation.

Deep Water Fitness: You will learn to use the water's resistance and buoyancy to increase muscle tone, endurance, and flexibility. This non-impact environment allows you to protect your joints while building cardiovascular fitness. All participants must know how to swim and feel comfortable in deep water.

Legs, Abs, and Arms: Work your abs without putting pressure on your back. Define your muscles by adding the weight and resistance of the water to your workout. This is a total body workout.

Shallow Water Fitness: Low-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Teen Water Fitness: Try this fun workout geared just for teens. Enjoy the music as you improve your overall health, physical appearance, self-esteem, and reduce stress. One thing is certain... you will have a blast!

Water Walking: Water walking is a great way to exercise while having fun. This instructor-led class is held in the current channel and uses the resistance of the water to build strength. Water shoes are highly recommended.

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